

JUNE 2018

STAFF

Carie Dick—Director

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ARNOLD F. HABIG COMMUNITY CENTER
OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

Phone: 812-482-4455

www.jasperindiana.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	VAN DRIVERS Tanya Jackson Bernie Schaeffer				1 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Hand & Foot 3pm RSVP due for MHHCC presentation	2
3 Center Closed	4 9:00 Golden Go 9:45 Senior Strong 12:30 Skip-Bo	5 11:15 Blood Pressure Checks 12:00 BINGO	6 7:30 Baseball Trip Sign-ups 8-8:45 Step Crew (Bohnert Park) 9-10:30 Free Computer Assistance 10:00 Presentation by MHHCC 12:30 Mah Jongg 12:30 Phase-10	7 9:00 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	8 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Pay Me	9
10 Center Open 1-4 pm (Cards only)	11 Wear Your Blue for Men's Health 9:00 Golden Go 9:45 Senior Strong 11:00 Water Aerobics 12:30 Hand & Foot	12 12:30 Scrabble 12:30 Tripoley 3pm RSVP due for Catered Meal	13 8-8:45 Step Crew (Bohnert Park) 9-10:30 Free Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg 12:30 Skip-Bo	14 FLAG DAY 9:00 Golden Go 9:45 Senior Strong 12:30 Rum Tourney 12:30 Book Club	15 8:30 Mah Jongg 9:30 Leave for Belle of Louisville Trip 10:00 Singing Seniors @ Northwood Assisted Living 12:30 Dominoes	16
17 Center Closed 	18 9:00 Golden Go 9:45 Senior Strong 11:00 Water Aerobics 12:30 Pay Me	19 11:15 Blood Pressure Checks 12:00 BINGO 3:00 RSVP due for Lunch Bunch	20 8-8:45 Step Crew (Bohnert Park) 9-10:30 Free Computer Assistance 11:00 Water Aerobics 12:00 Catered Meal 12:30 Mah Jongg	21 9:00 Golden Go 9:45 Senior Strong 12:30 Sheephead Tourney 12:30 Hand & Foot	22 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Tripoley	23
24 Center Open 1-4 pm (Cards only)	25 9:00 Golden Go 9:45 Senior Strong 11:00 Water Aerobics 12:30 Texas Hold'em	26 11:00 Lunch Bunch 12:30 Scrabble 12:30 Pay Me	27 8-8:45 Step Crew (Bohnert Park) 9-10:30 Free Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg 12:30 Dominoes	28 9:00 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	29 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Phase-10 3pm Money Due for Baseball Trip	30

AVAILABLE DAILY

- **BILLIARDS/ POOL:** Pool tables are available Monday, Tuesday, Thursday & Friday from 8:00 a.m. to 3:45 p.m. and Wednesdays from 1:00 p.m. to 3:45 p.m.
- **BOOK SHELF:** Thanks to the generosity of so many, we have a great selection of books for you to borrow downstairs in The Habig Room. This is a free service to you.
- **CARDS:** Card tables available for use on a daily basis.
- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. We ask that you please register at the front desk when using the fitness room.
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 mile. Enjoy nature while you walk! Exercise and enjoy the beautiful scenery.



- **PUZZLES:** Put a few pieces together in passing or sit for awhile.
- **WALKING:** In the climate-controlled banquet room, twenty-five (25) laps equals one mile. Available Monday - Friday from 8:00 a.m. until 3:45p.m.

REGULAR SCHEDULED ACTIVITIES

- **BINGO:** Cost is \$1.00 per card to play all 50 games and \$.50 to play the two cover-all games. We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. We will begin collecting money at 11:30 a.m. ***You may want to bring a sweater, it sometimes gets cool.
- **BLOOD PRESSURE CHECKS:** Will be available in the banquet room starting at 11:15 a.m. on Bingo days.
- **BOOK CLUB:** Thursday, June 14th at 12:30 p.m. we will be discussing *Behind Her Eyes* by Sarah Pinborough. You will be captivated by this thrilling story of hidden secrets of a manipulative husband and the love triangle he creates. Join us for our discussion.

The July book we will discuss is *Glory Over Everything* by Kathleen Grissom.

- **COMPUTER LAB:** The computer lab (with wireless internet) is available for your personal use daily. Ryan is here to answer questions regarding computers and assist you with your devices every Wednesday from 9:00-10:30 a.m.
- **SINGING SENIORS:** Meet each Friday at 10:00 a.m. at the Habig Center to practice. They will be singing at **Northwood Retirement Community Assisted Living Facility on Friday, June 15th at 10:00 a.m.**

Exercise classes will be led by Kaci, an ACSM Certified Exercise Physiologist!

- **GOLDEN GO:** Monday and Thursday mornings at 9:00 a.m. in the banquet room. This class offers a mixture of lower level exercises and gentle stretching to specifically support heart health, strength, flexibility, and balance.
- **SENIOR STRONG:** For more of a challenge, join us at 9:45 a.m. on Mondays and Thursdays for group exercise. This is a class of resistance, cardiovascular, and neuromotor exercises to boost strength, improve heart health, and promote greater balance.
- **STEP CREW:** Wednesdays at 8:00 a.m. Meet at Bohnert Park (next to the basketball courts) to walk as a group or at your own pace. Warm-up and cool down with the fitness instructor! *In case of inclement weather, we will cancel. Listen to WITZ for cancellations or call 812.482.4455 at 7:30 a.m. that day.



- **WATER AEROBICS:** Mondays and Wednesdays 11:00 to 11:45 a.m. at the City Pool. Enjoy this energizing class that is gentle on your joints but a great workout for your muscles and heart! The cost of each class is \$4.00.

CARD TOURNEYS

CINCH June 7th

RUM June 14th

SHEEPHEAD June 21st

EUCHRE June 28th

Tourneys begin at 12:30 p.m. on Thursdays. Entry fee is \$1.00 and all entry fees are distributed to 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the tourney.

GAMES

*Please sign-up by 10:00am the morning you plan to play. New players are always welcome!

- **BRIDGE:** Free beginner and intermediate bridge lessons are available. Please call Cindy Kluemper at 812.482.3299 or Mary Ann Seng at 812.482.1101.
- **DOMINOES:** The Mexican Train version will be played. It is a fun game that is simple to learn.



- **HAND AND FOOT:** A 2-handed game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck (including all jokers).

- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers.
- **TRIOLEY:** Bring your pennies to play Triooley. You will have a great time!
- **SCRABBLE:** Up for a "word" challenge? Earn points by building words on the Scrabble board!



- **SKIP-BO:** Play all the cards in your stock pile first to win a game. Earn points for winning, and the first to 500 points wins!
- **TEXAS HOLD'EM:** Who will have the lucky hand? A \$1.00 charge to play, and the winner receives a cash prize!
- **MAH JONGG:** Originated in China and is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. New players are always welcome!
- **PHASE-10:** This fun and easy-to-learn card game of phases will definitely provide you a great time!

SPECIAL ACTIVITIES

- **LUNCH BUNCH:** Join us at El Maguey at 11:00 a.m. Tuesday, June 26th. Reservations are due to the Center by 3:00 p.m. on Tuesday, June 19th.



- **CATERED MEAL:** Will be held at 12:00 p.m. on Wednesday, June 20th. The Schnitzelbank will be preparing sliced smoked BBQ pork loin, parsley red potatoes, log cabin bread, baked beans, California medley, and sweet & sour slaw. Unsweetened tea will be provided. **The cost is \$8.50 per person. Reservations are due to the center by Tuesday, June 12th at 3:00 p.m.**
- **PREVENTING TRIPS & FALLS:** Join us for this FREE, 30-minute presentation by Memorial Hospital. It will be **June 6th at 10:00 a.m.** located in the banquet room. Muffins will be provided. **RSVP by June 1st at 3:00 p.m.**
- **MEN'S HEALTH WEEK:** A week (June 11-17) to support men to pursue medical advice for early detection and treatment of disease. **Wear your blue on Monday, June 11th!**

TRIPS

ALL TRIPS AND ACTIVITIES ARE
FOR DUBOIS COUNTY
RESIDENTS 55 YEARS AND OLDER.

- When signing up for trips, only 4 individuals per sign-up (phone call).
- There is a \$25.00 charge for all returned checks.
- We cannot guarantee a refund if you must cancel your reservation.

Friday, June 15th—Lunch Cruise on the Belle of Louisville. We will leave Schroeder Complex at 9:15 a.m. and will have pick-ups in Huntingburg at 9:30 a.m. We will return to Jasper around 4:00-4:30 p.m.

FUTURE TRIPS

Wednesday, July 25th

We will go to **The Great American Ball Park** to watch the Cincinnati Reds take on the St. Louis Cardinals. This trip includes a lengthy walk to and from the stadium. We will be seated behind the Reds dugout in Section 132 with higher seats to have some break from the sun. We will leave Schroeder Complex at 8:00 a.m. with pick-ups in Huntingburg at 8:15 a.m. if requested. We will return to Jasper around 7:30/7:45 p.m. **Sign-up by phone starting at 7:30 a.m. Wednesday, June 6th, and payment is due by June 29th.** The cost of this trip is \$80.



Thursday, August 30th

A trip to the **Derby Dinner** is planned to see the Church Basement comedy “Rise Up O’ Men”. Sign-ups will be Tuesday, July 10th with payment due by Friday, August 3rd. More information will be coming in future newsletters.

Wednesday, September 26th

We will be visiting the **Ark Encounter** to tour the life-size Noah’s Ark attraction in Williamstown, Kentucky. With three decks of the boat, you will receive plenty of enjoyment from the interactive exhibits. Sign-ups will be Friday, July 20th. Payment is due by Friday, August 10th in order to secure tickets. More information to come in future newsletters.



SUNDAY CENTER HOURS

The Center is open for card playing on **Sundays, June 10th and June 24th** from 1:00-4:00 p.m.

MONTHLY RECIPE

TROPICAL DUMP CAKE

- 1 20 oz. can cubed or crushed pineapple
- 1 15 oz. can tropical fruit
- 1 package orange cake mix
- 1 ½ sticks butter
- ½ cup instant oatmeal
- 1 cup coconut flakes

Preheat oven to 350°. Dump both of the fruits & their juices into a 9 X 12 baking dish. Pour the dry cake mix on top of the fruit and spread out evenly. Mix oatmeal and coconut, sprinkle over cake mixture. Melt butter, pour on top evenly. It should cover the entire cake mix. Bake for one hour and serve with ice cream.



CALLING ALL COOKS!

If you have a favorite recipe, and would like to share it in our monthly newsletter, give a copy to Renee. Thanks!

HUNTINGBURG SENIOR CENTER

Call the Center at 683-2994 to make reservations for the Card Tourneys held at 12:30 p.m. on **Mondays**. You will enjoy the day!

JUNE BIRTHDAYS

Susie Stemle	8
Rosie Schaefer	17
Linda Miller	24
John Kiefer	24
Shirley Hackman	27
Susan Schroeder	29



COOK-OUT

We will have a cook-out in the park on June 21st from 11:00—4:00. We will eat at 12:00 p.m. Sign up by June 18th.



NOTICE

Due to construction on Market Street Park, the Senior Center card tourney on Mondays and BINGO on Wednesdays will be held at the Huntingburg United Methodist Church (corner of 5th and Main Street) until further notice.

Thursdays we will continue to meet at the Senior Center.

JUNE 2018

There are over 400 books on hand for your reading pleasure, including love, inspirational and suspenseful books. We have books by authors such as Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels, and many others.

ACTIVITIES

The Huntingburg Senior Center has games and activities available for those who do not play cards, including:

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Yahtzee	Sudoku
Puzzle books	Left, Right, Center	

Deer in the Headlights - A card and dice game. Several have learned to play and really enjoy it.

Boggle - A word game using scrambled letters and a timer.

Electronic dart board & a mini 9-hole golf to practice your putting skills.

We have games scheduled for most days but you are free to do whatever interests you. You do not have to play the Game of the Day.

TRIPS for 2018

Mackinac Island & Frankenmuth, MI September 25-29. Cost: \$689 per person (double occupancy). Reservations are due by July 1st. Final payment is due by August 6th.

A trip to **Asheville, NC and the Biltmore Estate** is schedule for **November 26-29th**. The cost is \$669 per person. Reservations are due by July 15th. Final payment is due by August 25th.

A \$100 deposit is due when making reservations for any of the trips.

Make checks payable to:
The City of Huntingburg

Checks may be mailed to:
The Huntingburg Senior Center
P.O. Box 10
Huntingburg, IN 47542


Anyone 18 years of age or older may sign up for any of the trips.

All prices are based on double occupancy. Contact Rita Reller at 812.683.2994 for more information.

JUNE 2018

HUNTINGBURG SENIOR CENTER

309 N Geiger St
Huntingburg IN 47542
812-683-2994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 1:00 Bowling	2
3	4 12:30 Cinch Tourney <i>Sponsor: Brookside</i>	5 1:00 Bowling	6 12:30 - 1:00 BP Checks 1:00 BINGO <i>Sponsor: Hosparus Health</i> 2:00 Cards & Games	7 9:00 - 11:00 Games in the Park 12:00 Lunch <i>Sponsor: The Timbers</i> 1:00 Cards & Games	8 1:00 Bowling	9
10	11 12:30 Euchre Tourney <i>Sponsor: The Timbers</i>	12 1:00 Bowling	13 1:00 BINGO <i>Sponsor: St. Charles</i> 2:00 Cards & Games	14 9:00 - 11:00 Games in the Park 1:00 Cards & Games	15 1:00 Bowling	16
17	18 12:30 Cinch Tourney <i>Sponsor: Angels of Mercy</i> SIGN-UP for the Cook-out	19 1:00 Bowling	20 1:00 BINGO <i>Sponsor: Scenic Hills</i>	21 11:00 - 4:00 Cookout in the Park Eat at 12:00	22 1:00 Bowling	23
24	25 12:30 Euchre Tourney <i>Sponsor: Willowdale</i>	26 1:00 Bowling	27 CLOSED	28 CLOSED	29 1:00 Bowling	30